

# Ridgemount Cottage Nursery School

Week 1: Autumn/Winter Menu (alternative options)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ( <i>Weetabix, Rice Crispies, Cornflakes, Toast with butter, honey or jam</i> )	Wholemeal toast with choice of spread	Crumpets with choice of spread	Dairy free porridge	Bagels with a choice of spread	Fruit and dairy free yogurt
Morning snack	Banana and oatcakes	Rice cakes and selection of fruit	Breadsticks and fruit platter	Crackers and fruit selection	Pear slices and oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Dairy free vegetable Korma	Quorn chicken dinner with root vegetables and potato wedges	Quorn pasta Bolognese with cheese sprinkles/dairy free cheese	Veggie cheese pie/Veggie pie with potato	Fruity vegetable couscous
	Dairy free yogurt with agave syrup	Low sugar fruity flapjack	Dairy free yogurt	Fruit compote with dairy free yogurt	Rainbow fruit salad
Afternoon snack	Fruit platter and rice cakes	Breadsticks and satsuma segments	Oatcakes and pear	Breadsticks and fruit platter	Rice cakes and selection of fruit
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	<i>Tea is served with a fruit and veg selection plate with crudité style finger foods: cucumber, carrot, celery, cherry tomatoes, pepper. Along with this there is freshly prepared fruit: raspberries, strawberries, blueberries, honey dew melon, kiwis, apples, oranges, pears. The fruit and veg selection plate is changed daily with a view towards variety and a well-rounded diet.</i>				
	Dairy/Meat free Ploughman's	Homemade root vegetable soup	Pitta pockets with selection of fillings and dips	Vegetable soup with pasta shells	Vegetarian chilli with potato wedges.
	Homemade oaty bites	Fromage frais	Rainbow fruit salad	Homemade oaty bites	Dairy free yogurt
Fresh drinking water is available and accessible at all times.					